

MAY/JUNE 2013

SAFETY TIP OF THE MONTH

Bicycle Safety

May is National Bike Month. Bicycle safety and helmets go hand in hand for both the young and old. Eighty-nine percent of bike deaths in 2010 were of persons age 16 and older, suggesting adults be role models and wear helmets too. Wearing a helmet is 85–88% effective in mitigating head and brain injuries, making the use of helmets the single most effective way to reduce head injuries and fatalities resulting from bike crashes.

Caretakers typically keep young kids safe by keeping them in close proximity.

However, when adolescents, teens and adults take off on their bikes, remind them to:

Ditch the ear buds –

Constantly be aware of your surroundings. If you're lost in your music, you're not going to be alert to hear a car horn or a dog barking.

See and be seen – Always wear brightly colored clothes. When riding at night, make sure you have light reflecting tape attached to your clothing. A headlight on your bike or helmet is



also recommended.

Be aware of what is behind you –

Just as a car needs side and rearview mirrors to see what is behind it, you should also know what is coming up from behind you. There are many rearview mirrors that can be attached to a bike helmet.

Dress appropriately – Do not wear loose fitting pants that could potentially get stuck in the gears or chain.

Stay visible to cars –

When waiting at a red light, never stop in the blind spot of any car that is near you. Drivers may not see you as they make a right turn and



might hit you as you begin to go. Stay far in front of the car or behind it and know the hand signals for turning and stopping.

Be prepared for emergencies – Keep a cell phone and a whistle with you to call attention if you are in an area where there is no service, if you are being attacked, or if you have fallen off the main road and cannot be seen by passerby's. Ride along well-lit streets and if a car is following you, quickly get off the street.

HAPPY SAFE RIDING!

Special Points of Interest

<http://bicyclesafe.com/>

http://safety.fhwa.dot.gov/ped_bike/

<http://www.bicyclinginfo.org/education/children.cfm>

<http://www.nhtsa.gov/Bicycles>

http://kidshealth.org/kid/watch/ou/bike_safety.html